

Growing Healthy Kids

This curriculum aims to integrate nutrition education with gardening to promote healthy eating and healthy choices among children 7-8 years old. Although children are the primary audience for GHK many curricular materials are sent home, therefore family members are an important secondary audience.

Lessons: Each lesson is approximately 45-60 minutes long.

1. Digging in!
2. Six Yummy Plant Parts
3. Root, Root Hurray!
4. Water for People and Plants
5. Stand Strong with Stems
6. Energy In, Energy Out
7. Leaves and Fun in the Sun
8. Flowers, Bees and Broccoli
9. Bunches of Variety
10. Insect Olympics